

How You Can Help

If you suspect an elderly loved one, friend, or neighbor is the victim of abuse, please get help for him or her.

You can get help by:

- Alerting law enforcement and Adult Protective Services (APS).
- Moving the victim to a safe place.
- Contacting the victim's doctor for help.

Resources you can call for help:

Elder Abuse Hotline:
202-541-3950

Eldercare Locator:
800-677-1116

National Center on Elder Abuse:
202-682-2470



WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**



National

National Domestic Violence Hotline
(800) 799-SAFE (7233)

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001** x 217

My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

SAFE: **(202) 879-7857**



Domestic Violence Unit
300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
<http://www.mpdc.dc.gov/victimassistance>

Elder Abuse

What every family should know about protecting their elderly friends and family members from abuse.



A guide to getting educated and getting help.



WHAT IS ELDER ABUSE?

Elder abuse is the physical, psychological, sexual, or financial abuse, abandonment, or neglect of an older adult. The abuse can be intentional or unintentional and life-threatening. Elder abuse can affect men and women from all ethnic backgrounds. Elder Abuse is a Family Problem

ELDER ABUSE

Risk Factors

- Stress
- Social isolation of elder
- Chronic disorder or impairment of elder
- Cognitive impairment common characteristics of abusers.

Common Characteristics of Abusers

- Substance use/abuse by abuser
- History of family violence
- Psychiatric disorder(s)
- Elder and abuser share a residence
- Dependence on elder
- Primary caretaker of the elder



Elder abuse is often difficult to recognize. The victim in this situation may feel embarrassed or ashamed, may want to protect his/her abuser, or may fear retaliation. Another problem may be that the elder victim does not possess the required cognitive abilities to recognize the abuse and report it. The elder victim may not believe that there are resources out there to help, or that he/she relies too much on the abuser for care.

Oftentimes, the abuser may be the only person with whom the elder victim has daily contact, which is why it is important for others to recognize the abuse and get help for the elder victim.

Possible Signs of Elder Abuse

- Bruises or welts
- Broken or fractured bones
- Depression or anxiety
- Skin lesions, sores or burns
- Poor hygiene
- Signs of dehydration
- Sudden withdrawal from regular activities
- Frequent arguments between elder and caregiver
- Insistence by abuser to speak for the elder

Adult Protective Services

Family Services Administration
Department of Human Services
2146 24th Place, NE
Washington, DC 20018

Office: (202) 541-3950
www.dhs.dc.gov
www.answersplace.dc.gov

